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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE !

February 28, 1944.

"MARCH FOOD NEWS"

In connection with the National "no-point--low-point program" of the Food Fights For Freedom campaign, here is the official list of unrationed foods that will be relatively abundant in the Western Region during the month of March:

News of most value to industrial caterers is the report that there is a good supply of certain frozen vegetables. This should prove helpful in quantity meal preparation.

FRUITS AND VEGETABLES:

New Cabbage
White Potatoes
Fresh Oranges and Grapefruit
Canned Green and Wax Beans
Frozen Vegetables (excluding Peas, Lima Beans and Corn).

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U.S. DEPARTMENT OF AGRICULTURE

CEREALS:

Soya Flour and Grits
Wheat Flour and Bread
Oatmeal
Rye Breakfast Foods
Macaroni, Spaghetti, Noodles

OTHERS:

Eggs, especially the mediums
Peanut Butter
Dry Mix and Dehydrated Soups
Citrus Marmalade

Serve the BASIC SEVEN every day.

(over)

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION
Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California
Telephone Exbrook 8381-Ex,47

C A B B A G E

Remember! Your cooperation is necessary to help reduce the abundant supply of CABBAGE on the market.

CABBAGE is a Victory Food Selection for another week. Do your part by serving this food in a variety of ways and see that it appears on the menu as often as possible.

The average man prefers a crisp cabbage salad served with sandwiches.

Ground parsley, added to the vinegar, sugar dressing, gives added color and food value to the salad.

Cabbage, ground or shredded very fine, mixed with a non-oil dressing, is delicious served with barbecued meat sandwiches.

A sauce for fish and oysters is cabbage ground fine added to a mustard sauce and flavored with chopped pickle, salt, pepper and sugar.

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POTATOES ARE PLENTIFUL! Help Move the Surplus!

Watch for suggested ideas and ways to serve.

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